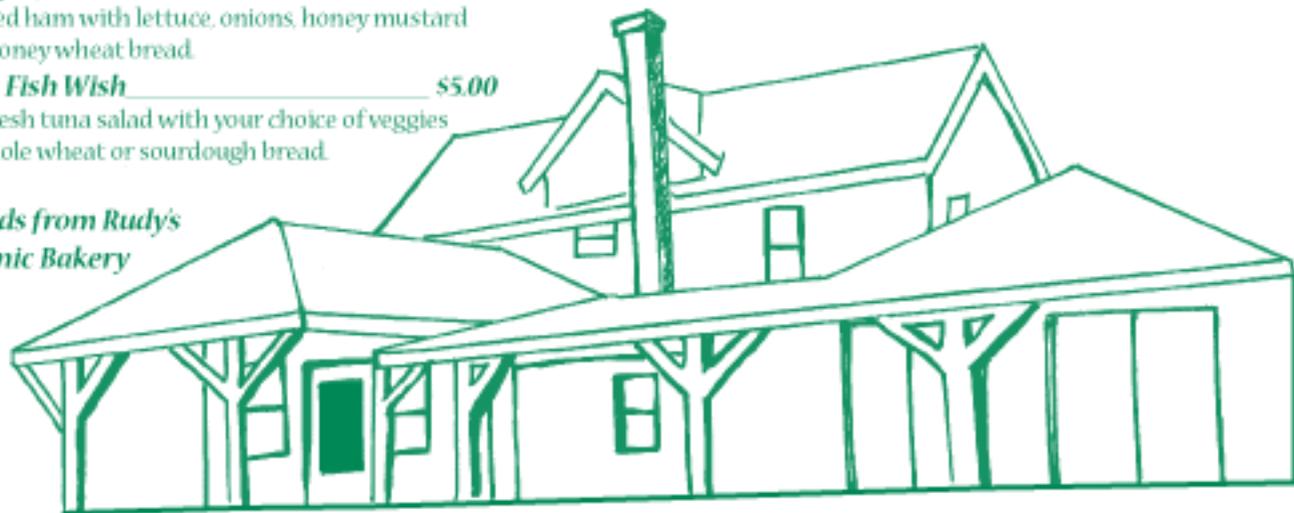


Sandwiches

Meat Lovers

Upstream _____	\$6.00
Rushing Waters' smoked trout with tomatoes, lettuce, onion and a dill mayo dressing on rye bread.	
Turkey Feast _____	\$5.50
Oven roasted turkey breast, tomatoes, onions, sprouts, avocado, garden cheese, mayo, mustard and herb seasoning on cracked wheat bread.	
Italian Special _____	\$5.50
Your choice of meat with tomatoes, onions, sprouts, provolone cheese, mayo, mustard, and herb seasoning on a French baguette.	
Club 12 _____	\$5.50
Roast beef, turkey and ham with red peppers, onions, lettuce, black pepper and ranch dressing on sourdough bread.	
Meat Pita _____	\$5.50
Your choice of meat with tomatoes, onions, sprouts, provolone cheese, mayo, mustard and herb seasoning in a whole wheat pita.	
Fajita Pita _____	\$5.50
Oven roasted turkey with tomatoes, peppers, cojack cheese, salsa, mayo, and mexican seasoning in a whole wheat pita. (served warm)	
Honey of a Ham _____	\$5.00
Smoked ham with lettuce, onions, honey mustard on a honeywheat bread.	
Tuna Fish Wish _____	\$5.00
Our fresh tuna salad with your choice of veggies on whole wheat or sourdough bread.	

'Breads from Rudy's Organic Bakery



Sandwiches

Veggie Lovers

Cheese Pita _____	\$5.50
Your choice of cheese and veggies with mayo, mustard, and herb seasoning in a whole wheat pita.	
Wonderful Walnut _____	\$5.00
Walnut loaf with tomatoes, onions, and sprouts on whole wheat bread.	
Teriyaki Tofu _____	\$4.75
Asian spiced tofu with onions, peppers, sprouts, and honey mustard on honey wheat bread.	
Spinach Feta Croissant _____	\$2.75
A buttery flaked pastry stuffed with a spinach and feta cheese filling. (served warm or cold)	

Topping Choices:

Meat Choices:	Oven Roasted Turkey, Ham, Salami, or Roast Beef
Veggie Choices:	Green and Red Peppers, Cucumbers, Carrots, Avocado, Purple Onions, Tomatoes, Lettuce and Sprouts.
Cheese Choices:	Cheddar, Cojack, Baby Swiss, Smoked Provolone, Garden Jack, and Pepper Jack.

Caffienated Drinks

Espresso:	
1 shot _____	\$1.75
2 shots _____	\$2.00
Cappuccino:	
<i>Espresso with steamed and frothed milk.</i>	
Single Cappuccino _____	\$2.75
Double Cappuccino _____	\$3.00
Latte:	
<i>Espresso with steamed milk, no froth.</i>	
Single Latte _____	\$2.75
Double Latte _____	\$3.00
Mocha:	
<i>Espresso with steamed milk and Ghiradelli Chocolate.</i>	
Single Mocha _____	\$3.25
Double Mocha _____	\$3.50
Frappacino (16 oz.) _____	\$4.50
<i>Vanilla ice cream, blended with two shots of espresso.</i>	
Iced Frappacino (16 oz.) _____	\$4.00
<i>Ice, vanilla ice cream and two shots of espresso blended together.</i>	
Extra shot _____	.25c

'We use Alterra Organic Coffee

Hot Drinks

Tea (assorted flavors) _____	.95c
Chai Tea (one size) _____	\$3.50
Hot Chocolate:	
<i>Ghiradelli Chocolate and steamed milk.</i>	
Small _____	\$1.25
Large _____	\$1.50

Smoothies

Energy (16 oz.) _____	\$4.25
<i>Natures Plus Energy Mix blended with a frozen banana, apple juice and your choice of frozen fruit.</i>	
Yogurt (16 oz.) _____	\$4.50
<i>Vanilla yogurt blended with your choice of frozen fruit and fruit juice.</i>	
The Famous (16 oz.) _____	\$3.25
<i>Sunflower seeds, honey and frozen banana blended with your choice of fruit juice.</i>	
Smoothie Flavors: Peach, Raspberry, Strawberry and Pineapple-Coconut	

Our Famous Homemade Soups

(cold weather favorites)

For Here...	
Cup - 12 oz. _____	\$1.95
Bowl - 16 oz. _____	\$2.75
To Go...	
Cup - 12 oz. _____	\$2.50
Bowl - 16 oz. _____	\$3.25

Homemade Salads

Small - 6 oz. _____	\$1.75
Large - 12 oz. _____	\$2.75

(Our Tabouli Is The Best!)

Not Full Yet!

Peanut Butter Balls _____	.95c
Fresh Hard Boiled Egg (Organic) _____	.65c
String Cheese _____	.75c
Kosher Pickle _____	.95c

Fresh Bakery

Sprouted Wheat Bagels:	
With cream cheese _____	\$1.25
Without cream cheese _____	.95c
Fruit Croissant _____	\$2.50
Alterra Scones _____	\$2.25
Alterra Muffins _____	\$1.25
Alterra Cookies _____	\$1.50
Alterra Breads (slice) _____	\$2.00
Biscotti _____	\$1.50

Ice Cream

Turtle Vanilla, Fudge, Caramel and Pecans.	
French Silk Light Chocolate with Chocolate Shavings.	
Vanilla	
Single Scoop _____	\$1.95
Double Scoop _____	\$2.75
Pint _____	\$3.95
Quart _____	\$7.00

'Ice Cream from the Chocolate Shoppe Wisconsin's Best!

Save time and plan ahead.
Orders made to go... (262) 495-8600
(please give us a 20 minute notice.)

Small Party Catering Available.



Call for seasonal hours:
(262) 495-8600

Fax:

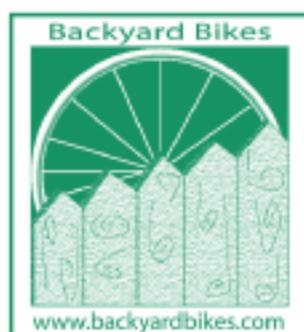
(262) 495-3327

**Located on Hwy 12 & Co. H
East of Whitewater, WI**



Check out the Backyard Bike Shop!

- Bikes and Cross Country Skis
- Sales, Rentals and Repairs



Trail Conditions:
(262) 594-6202

LaGrange General Store



The little somewhere

in the middle of nowhere!